

## SUBSTANCE ABUSE PREVENTION PLANNING

Here are a few suggestions to plan your command's substance abuse prevention plan for the year.

**Build Your Prevention Team.** Identify additional people and departments at your installation to help promote and implement the campaign. Try to include members from Public Affairs, Safety, MWR, Health Promotion, substance abuse prevention, and other groups.

**Brief Your Leadership and Team.** If possible, schedule time to brief leadership at your installation. Many Commanders have welcomed an aggressive substance abuse prevention plan, which will help ensure success. Also, be sure to schedule a team meeting to brief others on the various campaigns and brainstorm ways to promote each campaign at your installation or ship.

Remember to focus on communications that are peer-to-peer in nature and not top-down mandates from the chain of command. When planning, focus on:

- Identifying various communication channels (TV, radio, newspaper, and events) to promote campaigns and distribute materials.
- Identifying locations throughout the installation and community where materials (posters, coasters, etc.) can be placed and distributed.
- Identify potential partnerships that can be leveraged, including existing relationships with local radio stations, television stations and newspapers, and local bars and restaurants, to increase awareness of the campaigns.
- Work your local CSADD chapter to develop peer-to-peer events and movements.
- Brainstorm additional ideas about how to engage the command and target audience in the campaign.
- Develop a plan for substance abuse prevention outreach, including time lines, materials, venues, and responsibilities. Using the many available tools, implementation can begin right away.
- Develop a calendar to keep track of holidays, events, and topics you can focus on throughout the year.

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**Have a story or event to share?** We want to hear about it! Please submit your story by emailing [sara.sisung.ctr@navy.mil](mailto:sara.sisung.ctr@navy.mil)

## IS YOUR DRINKING HABIT PREVENTING YOU FROM SAVING MONEY?

Saving money is usually on the top of everyone's list for the New Year. A night out with friends can fun, but can also become costly. Here are few suggestions on having a fun and safe night out while drinking, without it causing financial problems.

**Don't bring a lot of money with you.** This may sound simple but it's very effective. Try to only bring an estimate of money you need for the night in your wallet, along with your ID. That means no credit cards. Keep an extra \$20 or so in your back pocket for the cab ride home.

No matter how good your intentions are before you drink, once you start drinking, your money will have much less value to you. Whether it's the mood or the good vibes that catch up to you, something will trigger you to become carefree with your spending. So remember, if you only bring \$40 with you, then you'll only spend \$40. If you bring \$100 "just in case" you might end up spending all of it. It's better to be realistic ahead of time than to regret all the money you spent the next morning.

**Split the bill always.** Just because everyone is having a fun time it's no excuse for someone to "forget" to pay. Make sure the bill gets paid equally so that you're not always stuck picking up the tab.

**Avoid drinks in certain environments.** It's cool if you have drinks at a buddy's place or the local pub, but you may want to think twice at dinner. It's no secret that drinks are much more expensive with dinner than they are at home or in a pub. Two beers at a restaurant with dinner will cost you much more than two beers in your living room.

**Pick your location ahead of time.** Sometimes when you go out, you plan to just go with the flow. That might be fun, but when you realize how much money you spent on taking cabs around town, you'll wish that you did some planning before the night started.

DUIs can be costly. Experience one DUI, and you'll know what a financial pinch really is. Court costs, legal fees, fines, higher insurance rates all come with the package. Also, if your DUI involves an accident, you could also face medical bills and car repair or replacement costs. Whether you are a single person, married, or have a family, the money you spend on a DUI could go a long way towards other things in your life.

## OPERATION SUPPLEMENT SAFETY (OPSS)

The Operation Supplement Safety (OPSS) campaign allows service members and retirees, their families, healthcare providers, and DoD civilians to get the scoop on dietary supplements.

If you have a question about the use or safety of dietary supplements, read the collection of frequently asked questions at <http://hprc-online.org/dietary-supplements/opss>. If you don't find what you're looking for, please contact them using the "Ask the Expert" button on the OPSS homepage.

Help promote the OPSS dietary supplements education for the military campaign **with print materials and giveaways** for use at your installation and in your publications.

## NATIONAL DRUG FACTS WEEK: MONDAY JANUARY 26TH THROUGH SUNDAY FEBRUARY 1<sup>ST</sup>

National Drug Facts Week was launched in 2010 by the National Institute on Drug Abuse (NIDA), part of the National Institutes of Health. To counteract the myths that teens get from the internet, TV, movies, music, or from friends, NIDA scientists want to stimulate community events to teach teens what science has taught us about drug abuse and addiction.

**About a third of high school seniors across the country report using an illicit drug sometime in the past year, and more than ten percent report non-medical use of a narcotic painkiller and more than 20 percent report smoking marijuana in the past month.** While drugs can put a teenager's health and life in jeopardy, many teens are not aware of the risks. Even for those teens who do not abuse drugs, many have friends or family who do, and they are often looking for ways to help them. When teens are given the scientific facts about drugs, they can be better prepared to make good decisions for themselves and they can share this information with others.

### What happens during National Drug Facts Week?

National Drug Facts Week is an opportunity for teens to shatter the myths about drugs and drug abuse. In community and school events all over America, teens, scientists and other experts will come together for an honest conversation about how drugs affect the brain, body and behavior.

### How can I plan an event for National Drug Facts Week?

Check out the National Drug Facts Week Website (below) for more information. NIDA offers an online toolkit with lots of suggestions on how to plan events and how to find experts who can participate. The site also tells you how to register your event, and how to get free materials for teens, including the **National Drug IQ challenge quiz**.

NIDA publishes a booklet called "Drugs: Shatter the Myths" (available for order or download at: <http://drugfactsweek.drugabuse.gov/booklet.php>) that provides factual information for teens and can be a great stepping off point for parents to begin or continue the conversation about the dangers of substance abuse with their teens. Commands can sponsor NDFW with resources and materials available at: <http://drugfactsweek.drugabuse.gov/resources.php>.

For more information on National Drug Facts Week, or to become a partner visit the Web site <http://drugfactsweek.drugabuse.gov> or call 301-443-1124.

## KEEP WHAT YOU'VE EARNED PROMOTIONAL MATERIALS

Posters and Fact sheets are available for order through the Navy Logistics Library. Supply personnel must order them via <https://nll2.ahf.nmci.navy.mil/> Multiple print products, social media messaging, leadership talking points, and videos are available for download at [www.nadap.navy.mil](http://www.nadap.navy.mil).

Title	Publication Number
Seabee Poster	NAVPERS 535017
Medical Poster	NAVPERS 535018
Submarine Poster	NAVPERS 535016
Surface Poster	NAVPERS 535015
Aviation Poster	NAVPERS 535014
Sailor's Fact Sheet	NAVPERS 535019
Drink Responsibly Every Time Banner	NAVPERS 535023
Plan Ahead for a Safe Ride Banner	NAVPERS 535022
Keep What You've Earned	NAVPERS 535024
It Wasn't Easy Getting Here Banner	NAVPERS 535021
You've Earned It banner	NAVPERS 535020
Table Tents	NAVPERS 535030
Table Coasters	NAVPERS 535029



## JANUARY IS NATIONAL MENTORING MONTH

Mentoring has many benefits. One such benefit is that mentoring helps an individual know someone else cares about them. When mentoring a youth, the youth feels comfort in knowing that they are not alone in facing the daily challenges of life. A mentor helps with school work, relationship issues, development progress, and self-esteem. Mentoring has particular advantages for high-risk youth. Mentoring has shown to decrease depression; increase in social acceptance, academic attitudes, and grades; and result in a greater number of positive outcomes than youth not involved in mentoring.

Research has shown that when matched through a quality mentoring program, mentors can play a powerful role in providing young people with the tools to make responsible decisions, stay focused and engaged in school, and reduce or avoid risky behavior like skipping school, drug use and other negative activities.

For example, in a recent national report called The Mentoring Effect, young people who were at-risk for not completing high school but who had a mentor were 55 percent more likely to be enrolled in college than those who did not have a mentor. They were also:

- 81% more likely to report participating regularly in sports or extracurricular activities.
- 78% more likely to volunteer regularly in their communities.
- More than twice as likely to say they held a leadership position in a club or sports team.



During this National Mentoring Month, find a way to get involved. **The Drug Education For Youth (DEFY)** Program uses positive adult role models to provide mentoring during Phase II. These mentors help youth navigate through curriculum topics and life challenges, help them succeed physically, and help them gain the confidence and self-esteem that will improve a youth's chances to avoid negative behavior like drugs, alcohol abuse, and gangs. Mentoring also provides a benefit to the mentor by instilling a sense of pride and accomplishment in the mentor that comes from helping a young person succeed. Find a local DEFY program and mentor a youth today.

For more information and to contact a local DEFY program coordinator in your area call (901) 874-3300 or visit [www.nadap.navy.mil](http://www.nadap.navy.mil) or visit our Facebook page at [www.facebook.com/#!/HQDEFY](https://www.facebook.com/#!/HQDEFY).

## PRESCRIPTION FOR DISCHARGE PROMOTIONAL MATERIAL

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Title	Publication Number
Prescription For Discharge FactSheet	NAVPERS 535502
Prescription For Discharge Poster 11x24	NAVPERS 535503
Prescription For Discharge Poster 18x24	NAVPERS 535504
Prescription For Discharge Postcard	NAVPERS 535505
Prescription For Discharge Table Tents	NAVPERS 535506
Infographic Poster	NAVPERS 535507
Prescription For Discharge Banner 5x8	NAVPERS 535508
Prescription For Discharge Banner 3x5	NAVPERS 535509
National Take Back Day Banner	NAVPERS 535510

## NATURAL ALTERNATIVES TO PRESCRIBED DRUGS

According to the Institute of Medicine, military physicians wrote nearly 3.8 million prescriptions for pain medication in 2009, more than quadruple the number of such prescriptions written in 2001. **Fifty percent of all prescription drugs taken in the U.S. are misused in some way.**

Prescription drugs can be extremely helpful when used correctly, but the fondness for prescriptions can sometimes mean treating or masking symptoms—without fixing the root cause of the health issue. Below are a few natural alternatives to prescription drugs. Remember: you should never start, change, or stop taking medications without first talking to your doctor.

### For Pain: Hydrocodone/ acetaminophen, such as Vicodin

Key Statistics: Doctors wrote more than 131 million prescriptions for pain meds last year, for everything from dental surgeries to sports injuries.

**Natural Remedy:** Pain can be debilitating, but pain meds can be addictive—and ingredients such as acetaminophen may also damage your liver in the long term. Rather than relying on a pill that masks your aches, try to tackle the trigger by seeing a professional with a healing touch. Natural alternatives include chiropractic treatment, physical therapy, acupuncture, yoga, herbal products, and glucosamine or chondroitin dietary supplements.

### Anxiety: Alprazolam (Xanax)

**Natural Remedy:** Write It Out. Anxious feelings may start out small but can spiral out of control. Each time you have an anxious thought about a certain situation (such as speaking in front of your managers at work), physical sensations such as butterflies in your stomach or nausea may accompany it, setting off a vicious cycle. Journaling can help you better understand what triggers your anxiety and what helps it, says Nomita Sonty, PhD, associate clinical professor at Columbia University. Here are her tips for keeping a journal:

- Take 10 to 15 minutes every day to write about your experiences, including your anxious ones.
- Finish by recording how you dealt with it and how it made you feel. For example, if you drank alcohol to help curb your anxiety but ended up feeling worse later, write that down.

## ALCOHOL CALORIE CALCULATOR

Did you know that a glass of wine can have the same calories as four cookies? How about a pint of beer is the equivalent of a slice of pizza?

Alcohol beverages supply calories but few nutrients and may contribute to unwanted weight gain. If you are looking to lose weight and be healthy, taking a look at your drinking may be a good place to start.

It's important to lose weight slowly, at a rate of about 1/2 to 2 pounds a week. To lose 1 pound a week, you need to consume 500 fewer calories a day than your body burns. It's best to combine eating (and drinking) less with being more physically active.

Visit <http://rethinkingdrinking.niaaa.nih.gov> to calculate amount of calories you consume per week from alcohol beverages.

## Insomnia: Zolpidem tartrate (Ambien)

**Key Statistics:** A whopping 60 percent of Americans say that they experience a sleep problem every night or almost every night, according to the National Sleep Foundation's annual poll.

**Natural Remedy:** Staring at the ceiling praying for elusive shut-eye can feel torturous, but turning to prescription drugs such as Ambien for more than 10 days might create another problem: dependence. Melatonin supplements may be helpful for sleep problems caused by shift work or jet lag. A 2013 evaluation of the results of 19 studies concluded that melatonin may help people with insomnia fall asleep faster, sleep longer, and sleep better, but the effect of melatonin is small compared to that of other treatments for insomnia.

There is also evidence that relaxation techniques can be effective in treating chronic insomnia. Using relaxation techniques before bedtime can be part of a strategy to improve sleep habits that also includes other steps, such as maintaining a consistent sleep schedule; avoiding caffeine, alcohol, heavy meals, and strenuous exercise too close to bedtime; and sleeping in a quiet, cool, dark room.

Always consult your doctor before you stop taking a prescription medication. To learn more about natural alternatives visit <http://www.prevention.com/mind-body/natural-remedies/top-10-prescription-drugs-and-natural-remedies>

## SOCIAL MEDIA MESSAGING

The below social media posts provide short, concise messaging for DAPAs, ADCOs, PAOs, health educators and Navy leadership to share with Sailors through digital channels.

### KEEP WHAT YOU'VE EARN CAMPAIGN

The new year is about setting goals. Want to cut back your drinking? Small changes can make a big difference in reducing your chances of having an alcohol-related incident. Whatever strategies you choose, give them a fair trial.

Link:

<http://rethinkingdrinking.niaaa.nih.gov/Strategies/TipsToTry.asp>

Super Bowl Sunday is infamously known as a big "house party" day. The cops know this too. Remember to #drinkresponsibly

Image:

[http://www.flickr.com/photos/nadap\\_usnavy/13307106575/](http://www.flickr.com/photos/nadap_usnavy/13307106575/)

Fact or fiction: "I can stop drinking anytime I want to." Maybe you can, but it's just an excuse to keep drinking.

#knowyourlimit #drinkresponsibly

Link: <http://youtu.be/yG5YQWeO5MY>

### PRESCRIPTION FOR DISCHARGE CAMPAIGN

If you have trouble keeping track of your prescription medications, try using a pill holder to plan out your week or month's worth of meds. No more wondering whether or not you took your pills for the day. #RxSafety

Image:

[http://www.flickr.com/photos/nadap\\_usnavy/12955102263/in/set-72157640123329374](http://www.flickr.com/photos/nadap_usnavy/12955102263/in/set-72157640123329374)

Some medications—including many popular painkillers and cough, cold, and allergy remedies—contain ingredients that can react negatively with alcohol. Before drinking, find out how your medication may react with alcohol. #RxSafety #DrinkResponsibly

Link:

<http://pubs.niaaa.nih.gov/publications/Medicine/medicine.htm>

Are you following the four steps for safe prescription drug use? Lean how to properly use and dispose of your meds at [www.nadap.navy.mil](http://www.nadap.navy.mil). Download the #PrescriptionForDischarge campaign fact sheet or flyer to spread the word.

Image:

[http://www.flickr.com/photos/nadap\\_usnavy/12954956935/in/set-72157640123329374](http://www.flickr.com/photos/nadap_usnavy/12954956935/in/set-72157640123329374)